
Carers Week 19 Information and Events

Carers Week: Monday 10th - Sunday 16th June 19 - Supporting carers to get connected in their communities

Carers Week is a fantastic opportunity to celebrate the role of the carer. This year the theme is 'Getting Carers Connected', so we are doing just that. Between 10th-16th June we will be holding a number of events to connect carers with professionals, services and, most importantly, each other. We know that caring can have an impact on our wellbeing and carers often tell us it can be a challenge to prioritise looking after themselves.

Our Carers Week events range from fun activities that can be enjoyed shoulder to shoulder with other carers, giving the opportunity to expand your network of carer allies, to those highlighting the support and services available within the community. There will be plenty of opportunity to speak with Devon Carers and Carer Ambassadors for advice and guidance, or to organise more substantial support if needed.

The events are spread across the week to maximise accessibility for all carers; we are also holding a live chat via the online pod with Citizen's Advice, don't worry if you aren't available on the day you can add your questions before by signing up:

<https://devoncarers.thepod.familycarersnet.co.uk/login.php>

We hope to see you at your local 'Information Market' or giving forest bathing, mindfulness or even horsemanship for health a try!

Carers Week Events Leaflet

To view our Carers Week 19 leaflet with listings of events please click [here](#)

Please note: dates are correct at time of the Carers Week leaflet going to print. Devon Carers reserves the right to amend, add or cancel events. Please check the website and social media for up to date information.

Pre-bookable Events:

These events need to be booked in advance via our Helpline 03456 434 435 (unless otherwise indicated) as spaces are limited, these include:

Monday 10th June

- Tea, Cake and Chat - Kitchen House Cafe, Bovey Tracey
 - Session 1: 10am - 11am or Session 2: 11am - 12pm
- Killerton House and Gardens Tour 10.15am
 - Free entry on the day to Killerton House and Gardens
 - Free coffee and cake in the Killerton Restaurant
 - Hear from a carer who volunteers at Killerton and find out about how this can improve your wellbeing
 - Help us to help you – Killerton House want to hear how they can improve it for you and those you care for, and how they can support carers moving forward
 - Bring a picnic to enjoy in the garden (don't forget a blanket!)
 - Get a tour of the house and garden by one of the fantastic volunteers (optional)
 - There are 35 places available and booking is essential.
 - To book your place, the Helpline 03456 434 435 by Friday 31st May 2019.
 - Meet at Visitor Reception at 10.15am, Killerton, Exeter, EX5 3LE.

Tuesday 11th June

- Forest Bathing - Wanders for Wellbeing – Dartington - £5
 - Book via <https://www.eventbrite.co.uk/e/forest-bathing-wanders-for-well-being-carers-week-tickets-57894796896>

Wednesday 12th June

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- Carers Trip to Rosemoor
 - 11am entrance - all-day event

Thursday 13th June

- CANCELLED - Horsemanship for Health, Newton Abbot 10am - 11.30am (full directions on booking)
- Carer Training - Caring For Carers: Matford Centre, Exeter 10am - 3.30pm
- Fish, Chips and a Stroll - The Esplanade Fish Bar, Lynmouth 5.30pm - 7pm

Sunday 16th June

- CANCELLED - Cooking Class - Kitchen House Café, Bovey Tracey 10am - 1pm

Unfortunately, the following events have been cancelled:

- Horsemanship For Health - Thursday 13th June, Newton Abbot
 - Cooking Class - Sunday 16th June, Kitchen House Café, Bovey Tracey
 - Crediton Community Connection Fair, Friday 14th June, Crediton Congregational Church
- Please do look at our list of Carers Week events for other alternatives.

Hot off the press - new events added:

Monday 10th June

Carer Connection event - Venue change: Restawhile TASS Café, Pannier Market place, Tavistock, PL19 0AL

Tuesday 11th June

Making Connections Roadshow: CoLab, 3 King William Street, Exeter, EX4 6PD Drop-In activities on offer include: Find out about the Together App and meet the Learn Devon Digital Advocates, AGEUK Sitting and Enabling Home Help services, Come and join enjoy refreshments/cake and hear how what you wear and how you wear it can enhance your wellbeing

Information Stand: Drop in and chat with Devon Carers - North Devon District Hospital, Raleigh Park, Barnstaple, EX31 4JB, 10am- 4pm

Wednesday 12th June

The Crafters Retreat - Crafternoon Session: For all carers - We will be upcycling glass jars to make tea light holders perfect for our summer evenings in the garden. Crafters Retreat is a low-cost community craft studio with weekly workshops for all. To book: Jenny Pearce 07753 480423 or e: theivycrafters@gmail.com Or via Facebook: www.facebook.com/thelvybridgecrafters/ The Clay Factory, Redlake Trading Estate, Ivybridge, PL21 0EZ, 12.30pm to 2.30pm

Information Stand - Awareness and information stand with Devon Carers and partners, on hand to answer any questions you may have. 9am - 1pm, Leatside Surgery, Babbage Road, Totnes, TQ9 5JA

Thursday 13th June

Making Connections for working Carers (RD&E Staff Only): RD&E Hospital, Chaplaincy Area, Barrack Road, EX2 5DW, 12.30pm-13.30pm

Information Event - Royal Hotel, Barnstaple Street, Bideford, EX39 4AE Session now extended 10am-2pm

Saturday 15th June

Making Connections for working Carers: Nancy Potter House, Nelson Close, Topsham, EX3 ODX, 10.30am-12.30pm

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Carers Week offers:

We are also hoping to add offers kindly donated by local organisations for carers - please do check back to this page in the run up to Carers Week for more information.

ONE free pass for carers at:

Newton Abbot Leisure centre: sports hall classes, sauna steam sessions and swimming

Dawlish Leisure Centre: Classes and swimming

Broadmeadow Sports Centre (Teignmouth): Classes or afternoon racket sports subject to availability (1-4pm) squash, badminton and short tennis

Lido outdoor pool: (please check the timetable online)

Waiver of £25 joining fee: for any carer or client that wishes to sign up to a membership during Carers Week only

Also ask the Leisure Centre staff for details of a free Carers Pass when accompanying a cared for person at their facilities.

All carers that wish to have a free session will need to bring in their Devon Carers Alert Card for verification.

Tarka Pottery are offering a half-price activity to any carer during Devon Carers Week. Visit www.tarkapottery.co.uk to view their pottery activities. Tarka Pottery, Glebe Farm, Little Torrington, North Devon, EX38 8PS.

Saturday 15th June

Well Woman Workshop: Heart and Mind Devon, The Clay Factory, Redlake Trading Estate, Ivybridge, PL21 0EZ

A nurturing day attracting abundance into your life with meditation, hypnotherapy and flower essences. Book essential, email: lynda@heartandminddevon.co.uk

Carers Week Offer: £5 discount off full price of £35